**C:\Documents and Settings\sesslerl\Local Settings\Temporary Internet Files\Content.IE5\Y4XDL2XN\MCj04158100000[1].wmfC:\Documents and Settings\sesslerl\Local Settings\Temporary Internet Files\Content.IE5\VDDR1O3U\MCj04405260000[1].wmf“Cantering Cougars” Running Club for**

**Clovis Grove 3-5 Students**

**After-School Running Club is at Clovis Grove for Students in grade 3-5!**

Healthy Hearts lead to Healthy Minds! This continues to be the mission for our Cantering Cougars running club here at Clovis Grove. The club will continue to explore the many aspects of running, getting and staying fit, living a healthy lifestyle and working as a team. Our plan is to run with the kids at each meeting and play different “active” games to keep us moving and working towards our ultimate goal: to run several locally sponsored races (1-5 miles) in the area this school year. The students in the running club will also be encouraged to participate in active “activities” throughout the week, make good choices about the foods they eat and about healthy lifestyles in general. While the club will be under the supervision of Ms. Lynn Sessler, Japanese Teacher, and Ms. Susie Fritsch, Grade 4 teacher, there are many staff members from Clovis Grove that join us and are coaches for our club.

**There is a $5 fee to join the club this year!** The club will be open to any grade 3-5 Clovis student wanting to run, get fit and work as a team. This is not a competitive club; all students who want to run are encouraged to join the club, no matter what their current fitness level or experience with running. The $5 fee will be used to obtain items that we need to use in practice, for running events, etc. All of our teacher-coaches are volunteers and volunteer their time to work with the kids. Our PTO here at Clovis Grove has generously offered to pay ½ the price of a running club t-shirt too!

**What we need from you as parents:** Transportation after club meetings is the responsibility of the parents/guardians. Parents/guardians are welcome to join us for running club anytime they want! We want your children to make a commitment to be on our “team” so it is important to help your child keep track of the dates so they will attend running club after school each time we meet. Also, please help your child prepare their clothing to bring the day we meet for running club.

**Where: Clovis Grove Elementary School-Library**

**\*students will meet after the school day in this area to begin club activities**

**Time: 3:15-4:30, every week on Monday**

**\*students must be picked up by a parent/guardian by 4:30PM after each club meeting**

**Club Meeting Dates:**

**Thursdays**

Sept. 22nd, 29th

Oct. 6th, 13th, 20th

Nov. 3rd, 10th, 17th

\*\*\*no running club in Dec\*\*\*

(We will begin Winter Running club sometime in January and will send home more info in 2012)

**If you have any questions, please feel free to phone or e-mail:**

**Lynn Sessler**

**Japanese Teacher**

**Or**

**Susie Fritsch**

**Grade 4**

**967-1950** [**sesslerl@mjsd.k12.wi.us**](mailto:sesslerl@mjsd.k12.wi.us)

[**fritschs@mjsd.k12.wi.us**](mailto:fritschs@mjsd.k12.wi.us)

**Please keep this sheet available at home so you can reference dates, etc.**

Signup sheet for Clovis Grove Running Club

Please fill out and return this **permission form with $5** to Sessler (Neitzel) Sensei or Ms. Fritsch by

**Wednesday, September 21, 2011**

\*\*Note: Please use only one form to sign up students from the same family\*\*

Child’s name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age:\_\_\_\_\_\_\_\_\_ Grade:\_\_\_\_\_\_\_

Child’s name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age:\_\_\_\_\_\_\_\_\_ Grade:\_\_\_\_\_\_\_

Parent(s) name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home phone number:\_\_\_\_\_\_\_\_\_\_\_\_ Work phone number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-mail address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*Emergency contact

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name phone#

I understand that my child has committed to attend practice for running club and that I am responsible to pick up my child by 4:30PM on the evenings of running club.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature DATE